

As part of our commitment to safe sport, Volleyball BC is striving to minimise the risk of physical injury across all our activities. The Provincial Championships are the pinnacle of our indoor club competition and an opportunity for us to capture information about the physical health and safety of participants.

In 2024, over 400 teams competed in 3 weekend tournaments with thousands of athletes, coaches, referees, and spectators. We kept track of all injuries reported to the onsite first aid and physio providers so that we could build this snapshot of injuries that might occur at these type of events. This is what we learned...

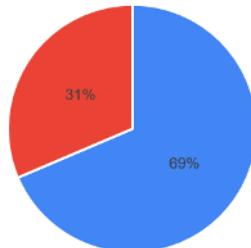


ROLE OF INJURED INDIVIDUAL



■ Player ■ Referee ■ Coach ■ Spectator

GENDER OF INJURED INDIVIDUAL

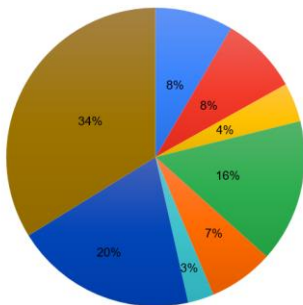


■ Female ■ Male

We had a total of 71 reported and treated visits to First Aid across the 3 weekends of Provincial Championships. The vast majority were Players and female which is unsurprising given the larger number of girls teams.

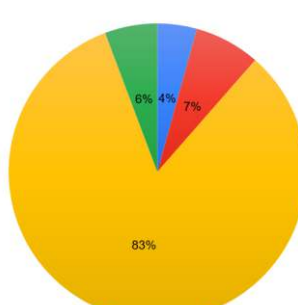
Similar to 2022 and 2023, most injuries related to the ankle or the knee, followed by the hand. 83% of the reported injuries involved sprains or strains.

INJURED PART OF THE BODY



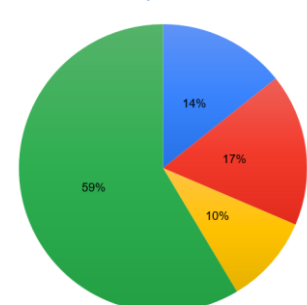
■ Head: ■ Shoulder: ■ Forearm / Elbow ■ Hand: ■ Other: ■ Chest/Abdomen: ■ Knee: ■ Foot: ■ Ankle:

TYPE OF INJURY



■ Concussion or Head Injury: ■ Cut or wound ■ Sprain / Strain ■ Break / Fracture

FOLLOW UP REQUIRED POST-EVENT



■ Follow up required ■ No follow up required ■ Up to individual / if worsens ■ Unknown

Medical follow-up was advised in 14% of the injuries or recommended if the condition worsens in over 10%. The results of our injury tracking at Provincial Championships closely align with the injury statistics seen across all volleyball. The [BC Injury Research and Prevention Unit](#) provide the following statistics about injuries in volleyball:

- Volleyball injuries can be both acute (sudden) and overuse in nature.
- **Ankle sprains** are the most common acute injury. **Knee and shoulder injuries** are the most common overuse injuries.
- Common mechanisms for injury in volleyball include contact with another player, often when a player lands on another player's foot after the execution of a jump.
- Overall, injuries occur at a rate of **1.5-2 injuries for every 1,000 hours of play** but **2-4 injuries for every 1,000 hours of match play**. This is due to a higher intensity of activity during game play.
- You are **nine times more likely to have an ankle injury if you have ever had a previous ankle injury**, and ten times more likely if your previous injury was within the past six months.
- **Males have a 3 times higher risk of ankle injury**, and a **3-4r times higher risk of jumper's knee**.



USEFUL RESOURCES FOR PHYSICAL INJURY PREVENTION

- [Active & Safe - Factsheet on Volleyball Injuries and Prevention](#)
- [STOP Sport Injuries – info on sport-specific injuries and prevention tools.](#)
- [Performance Health – Info on volleyball injuries and treatment](#)
- [Parachute Canada – Concussion Guide for Athletes](#)
- [Volleyball Canada – Concussion Protocol](#)

NEXT STEPS

As part of our [Safe Sport Action Plan](#), we will be tracking the data we collect on physical injuries during VBC events and activities. This will allow us to:

- Identify and monitor any trends over time.
- Review our events and activities for any adaptations or changes needed to minimise injuries.
- Provide education and information to athletes, coaches, and referees about injury prevention.

For more information about our focus on making volleyball safer, [click here](#).